

THAT WHICH IS CLAIMED:

1. A fiber optic cable, comprising:

a strength member comprising a sheet, said sheet
manufactured in a forming process, said sheet having at least one
5 fiber access opening leading to a formed area disposed generally
relative to an axis of the cable;

at least one optical fiber component disposed within said at
least one formed area; and

a cable jacket generally surrounding said strength member.

10 2. A fiber optic cable according to Claim 1, said sheet
comprising a strip, tape or foil.

15 3. A fiber optic cable according to Claim 1, said strength
member having a substantially uniform thickness.

4. A fiber optic cable according to Claim 1, said cable having a
non-preferential bend characteristic.

20 5. A fiber optic cable according to Claim 1, said cable having a
preferential bend characteristic.

25 6. A fiber optic cable according to Claim 1, said at least one
formed area being generally V-shaped.

7. A fiber optic cable according to Claim 1, said at least one
formed area being generally U-shaped.

30 8. A fiber optic cable according to Claim 1, said at least one
formed area being generally U-shaped with a generally flat bottom
portion.

9. A fiber optic cable according to Claim 1, a cross-sectional area of the cable being generally non-circular.

10. A fiber optic cable according to Claim 1, said cable jacket
5 including an indicia.

11. A fiber optic cable according to Claim 1, said strength member comprising a metallic material.

10 12. A fiber optic cable according to Claim 1, said strength member formed from a metallic sheet, said strength member further comprising an interior space having a central electrical conductor surround by a dielectric material at least partially filling said interior space and functioning as an insulator
15 between said central electrical conductor and said strength member.

13. A fiber optic cable according to Claim 1, further comprising an interfacial layer at least partially disposed between an outer surface of said strength member and said cable jacket.
20

. A fiber optic cable according to Claim 1, said at least one optical fiber component being adjacent to a decoupling zone.

25 15. A fiber optic cable according to Claim 14, said decoupling zone substantially surrounding the at least one optical fiber component.

16. A fiber optic cable according to Claim 1, further comprising
30 a water-blocking component at least partially disposed in said formed area.

17. A fiber optic cable, comprising:

a strength member comprising a sheet, said sheet
manufactured in a forming process, said sheet having at least one
fiber access portion leading to a formed area disposed generally
5 relative to the longitudinal axis of the cable;

at least one optical fiber component disposed within said at
least one formed area;

a decoupling zone disposed in said at least one formed area
and adjacent to said optical fiber component;

10 at least one water-blocking component at least partially
disposed in said formed area; and

an interfacial layer at least partially disposed between an
outer surface of said strength member and a cable jacket
generally surrounding said strength member.

15 18. A fiber optic cable according to Claim 17, said sheet
comprising a strip, tape or foil.

19. A fiber optic cable according to Claim 17, said strength
20 member having a substantially uniform thickness.

20. A fiber optic cable according to Claim 17, said cable having
a non-preferential bend characteristic.

25 21. A fiber optic cable according to Claim 17, said cable having
a preferential bend characteristic.

22. A fiber optic cable according to Claim 17, said decoupling
zone substantially surrounding the optical fiber component for
30 substantially decoupling said optical fiber component from said
strength member.

23. A fiber optic cable according to Claim 17, a cross-sectional area of the cable being non-circular.

24. A fiber optic cable according to Claim 17, the cable
5 including an indicia for locating said optical fiber component.

25. A fiber optic cable according to Claim 24, said indicia comprising a protrusion above a generally uniform cross-section of said cable.

10 26. A fiber optic cable according to Claim 17, said at least one formed area comprising an interstice, said cable jacket at least partially filling said interstice.

15 27. A fiber optic cable according to Claim 17, said strength member being formed of a metallic sheet, said strength member further comprising an interior space having a central electrical conductor surround by a dielectric material at least partially filling said interior space and functioning as an insulator
20 between said central electrical conductor and said strength member.

25 28. A fiber optic cable according to Claim 17, said fiber access portion comprises a fiber access opening.

29. A fiber optic cable according to Claim 17, said at least one formed area being generally V-shaped.

30 30. A fiber optic cable according to Claim 17, said at least one formed area being generally U-shaped.

[illegible]

32. A fiber optic cable, comprising:

a strength member comprising a sheet, said sheet
manufactured in a forming process having at least one fiber
access portion leading to a formed area disposed generally
5 relative to an axis of the cable;

at least one optical fiber component disposed within said at
least one formed area;

a cable jacket generally surrounding said strength member;
and

10 the cable having a strain of about a 1.0% or less when
applying about a 1,000 lb. tensile force.

33. A fiber optic cable according to Claim 32, said strength
member having a substantially uniform thickness.

34. A fiber optic cable according to Claim 32, said cable having
a non-preferential bend characteristic.

35. A fiber optic cable according to Claim 32, said cable having
a preferential bend characteristic.

36. A fiber optic cable according to Claim 32, said cable having
a strain of about 0.3% or less when applying about a 500 lb.
tensile force.

37. A fiber optic cable according to Claim 32, said cable having
a strain of about 0.3% or less when applying about a 300 lb.
tensile force.

38. A fiber optic cable according to Claim 32, said at least one
optical fiber component being adjacent to a decoupling zone.

39. A fiber optic cable according to Claim 38, said decoupling zone substantially surrounding said at least one optical fiber component.

5 40. A fiber optic cable according to Claim 32, further comprising a water-blocking component being partially disposed in said formed area.

41. A fiber optic cable according to Claim 32, said cable jacket
10 includes an indicia.

42. A fiber optic cable according to Claim 32, said strength member formed from a metallic sheet, said strength member further comprising an interior space having a central electrical
15 conductor surround by a dielectric material at least partially filling said interior space and functioning as an insulator between said central electrical conductor and said strength member.

43. A fiber optic cable according to Claim 32, said fiber access
20 portion comprises a fiber access opening.

44. A fiber optic cable according to Claim 32, further comprising an interfacial layer at least partially disposed between an outer
25 surface of said strength member and said cable jacket.